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TOURETTE'S

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Tourette's

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Introduction

What is Tourette's and how does it affect the people? I will be talking about the different things that come along with Tourette's and how it can be treated and what tics someone might have if diagnosed with Tourette's. Tourette's is a problem with the nervous system that causes people to make sudden movements or sounds, which are called tics that they can't control in the body. Tics that come along with having Tourette's can be serve and painful but can also be mild at times. There are different kinds of tics that a person can have such as vocal or motor tics. Tourette syndrome is found in one of every three-hundred and sixty children between the ages of six and seventeen years of age.

I will be talking about my son in this paper because he was diagnosed with Tourette's when he was four years old. Jordan teacher at the preschool he attended called me and asked if he had been clearing his throat at home. He was doing it during class and was asked to stop several times but was unable to control it. I then took him to the doctor and they asked me if anyone in my family had Tourette's and of course I had no idea what Tourette's was and even what came along with it. They sent us to a specialist and he was then given a MRI and CT scan and see if indeed it was Tourette's. At this time my son only had the clearing of the throat and was put on medication to help control the tic. The doctor then told me that the tics would get worse as he aged and some would go away and he would get new ones.

When and Where Tourette's was Discovered

Tourette's was something that you didn't see every day in people. It was first found in 1825 by a French physician by the name of Jean Marc Gaspard Itard. After studying the disorder of, Tourette's Gilles de la Tourette conducted a study of a new clinical category called "convulsive tic disorder" (*Handb Clin Neurol*. 2011). When looking at the history of Tourette's it believes to be that Samuel Johnson more than likely had Tourette's also back in 1772. People back then didn't have any clue what Tourette's was back then when it came to health issues. Tourette's is found in all walks of life and it isn't limited to just one area of people. It includes media figures, teachers, physicians and authors and many others. Not everyone wants treatments or a cure for Tourette's. The first person that was described to have Tourette's was an Eighty-six-year-old French woman. There are more than 200,000 United States cases per year of people being diagnosed with Tourette's. As of right now 100,000 Americans have full-blown Tourette's in the United States. Tourette's is something that people struggle with every day. It is most common in children between the ages of 4-17 years of age. Medications for Tourette's is something that they are working on to help with disorder. Not all medications work the same on everyone it's a work in progress (CDC, 2012). Tourette's can be diagnosed in several different ways such as magnetic resonance imaging (MRI), computerized tomography (CT), and electroencephalogram (EEG) scans in which can determine if someone has the disorder. I will be talking about the different things that come along with Tourette's and how it can be treated and what tics someone might have if diagnosed with Tourette's.

Diagnosis

When trying to diagnose Tourette's there are many different things that you can try and help the tics and other things that come along with this disorder. Medications are very different for every one that has the disorder and trying to control the tics. A few of the medications I'm going to tell you about are the most common medications given for Tourette's.

Medications

Haloperidol (Haldol) is typical antipsychotic medication and used to treat tics. Some of the side effects for this medication are constipation, dry mouth and blurred vision. It was approved by the U.S. (FDA) on April 12, 1967. The medication was also used on animals such as birds. Fluphenazine is also used to treat Tourette's. The common side effects include movement problems, sleepiness, depression and increased weight gain. The U.S. Food and Drug (FDA) approved this medication in 1959. Medication was also given to horses by injections as an anxiety release medication. Risperidone (Risperdal) is the most common drug given to patients that have Tourette's. The common side effects are movement problems, sleepiness, trouble seeing, constipation and increased weight gain. The U.S. (FDA) approved for use in the United States in 1993. Pimozide (Orap) is another medication given for Tourette's to control the tics. The side effects are dizziness, speech disorder, dry mouth and constipation. The U.S. Food and Drug (FDA) approved the medication in 1985. The last medication I'm going to talk about is Aripiprazole (Abilify) is used to treat tics. The common side effects are movement disorder, high blood sugar, weight gain, and headache and in children include sleepiness, increased appetite and stuffy nose. The medication was approved by the U.S. Food and Drug (FDA) in

1995. There are many other medications that the doctors can try and see if they work but in most cases these medications that I listed are the most common ones used in the United States to treat Tourette's.(Mayo Clinic,2017)

Male or Female and Age of Onset

Tourette's is most commonly found in males than in females. Also the ages affected by Tourette's are from the ages of four years old until the age of seventeen years of age. Tourette's start to show up around the age of four and continues throughout the years. It is also known that Tourette's starts to get worse in the teen age years because the body is changing. Most tics are worse in the younger years and some outgrow or lessen as they age into their teen years. More and more cases are starting to come up in the United States since people know now what to look for and understand what Tourette's is and know how to handle the issues at hand (Bhandari,2017).

Prevalence of Diagnosed Tourette Syndrome 6-17 Years of Age, by Region



Weighted prevalence per 1,000 children
Based on Data from the National Survey of Children's Health 2011-12

The graph above shows the region of people that is diagnosed with Tourette's by region in the United States. It was based on a survey that the children's Health in 2011-2012. Weighted by 1,000 children per prevalence and as you can see on the graph that the Northeast has the highest rate of Tourette's show during this time period

Therapy

Therapy for Tourette's sometimes is very difficult for the patient to understand during this time. Some patients can't control their tics for therapy to help them out. I'm going to tell you about a few of the therapy's that offered the patients that have Tourette's. Talk Therapy is an alternate name for various forms of psychotherapy that emphasize the importance of the client or patient speaking to the therapist as the main means of expressing and resolving issues. Cognitive

behavioral therapy is a form of talk therapy focused on modifying negative thoughts, behaviors, and emotional responses associated with psychological distress of the patient that has Tourette's.

Treatment

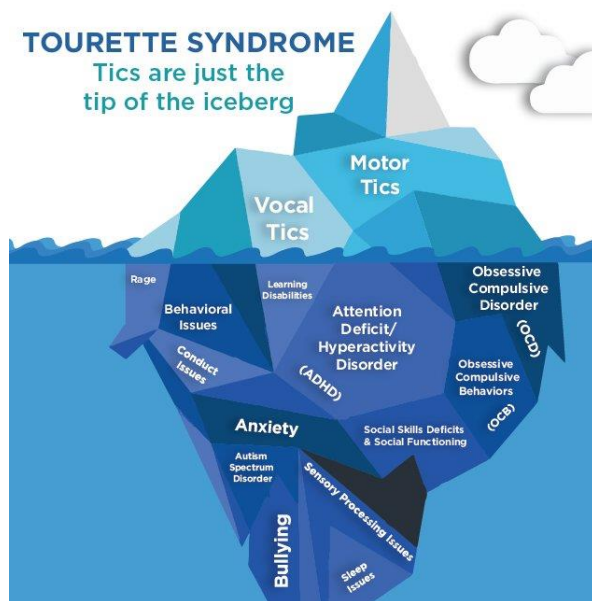
When looking for treatment for Tourette's there are many different positions to choose from and some may help when others do nothing to help treatment. Specialists such as psychiatrist and pediatricians are people that help treat Tourette's in this day and time. Psychiatrists treat mental disorders and primarily with medications and Pediatricians provide medical care for infants, children and teenagers. Self-care is a part of treatment and it includes deep breathing, meditation, yoga, rhythmic exercise and other activities that reduce systems stress. Other specialist such as neurologist they treat nervous system disorders.

Behavioral problems that come from having Tourette's is most common are compulsive behavior, impulsivity, hyperactivity, meaning less word repetition, repetitive movements, swearing uncontrollably or lack of restraint shows in the people that have Tourette's which sometimes the patient cannot control the tics. Experience of muscular movements are tic, difficulty with bodily movement, involuntary, muscle activity, involuntary muscle contraction and jerking muscle pain in the patient. When having Tourette's, the patient's moods will change more frequently in such ways as anxiety and apprehension.

Types of Tics

There are many different types of tics that a patient may have or may get throughout the years. A person's body changes and the tics can get worse or calm down throughout the years of the patient growing up. In the graph below, it shows that motor and vocal tics are just the tip of the iceberg in Tourette syndrome. Each disorder has a place and the iceberg but some are worse than others and different with each patient. Some patients may not even know that they have

Tourette's or that other things can add up to having tics. Always remember that every person has their own problems and their body's adjust in different ways for the disorder and medications they may be taken. Medication does work when the doctor finds the right medications to control the tics that the patient may have at the time.



Motor Tics

The next part is showing the most common tics that a person can experience at any time. Tourette's is something that you never know what tic you might have from day to day. Some can get worse than others and some people may not experience all the tic's and may have very little tic's. Simple tics are more common than complex tics. When most people are diagnosed with Tourette's the first thing they see is the simple tics like eye blinking, and head jerking. Complex tics most of the time show up later on when the child gets a little older and their body starts to change. I have listed in the chart below the simple and complex tics that are most common in a person that has Tourette's.

Simple Tic's	Complex Tic's
Eye Blinking	Touching or smelling Objects
Head Jerking	Repeating Observed Movements
Shoulder Shrugging	Stepping into a certain pattern
Eye Darting	Obscene Gesturing
Nose Twitching	Ending or Twitching

Vocal Tics

The next chart I put together is the simple and complex vocal tics that someone could have if they have Tourette's. Most children that are diagnosed with Tourette's show the first signs of Tourette's by making sounds such as coughing, clearing of the throat and grunting all the time and they don't even realize they are making these sounds. They go on about their day without know the noise they are making. People around may think they are just making these sounds to get attention from someone but that's not it at all. They can't control the tics until they are diagnosed of having Tourette's at that time they are put on medication to help control the tics.

Simple Vocal Tics	Complex Vocal Tics
Grunting	Repeating one's own words or phases
coughing	Repeating others words or phases

Throat clearing	Using vulgar, obscene or swear words
barking	

Tests

When having Tourette's, it sometimes isn't that easy to get diagnosed with it and there are a few tests that can be given to make sure that you have it. A doctor will send a quiz to the parent of the child and ask them to complete it and return to them on their next visit in which will determine if they need to go further with testing and then diagnosed with Tourette's and see what the next step is with medications and getting the tics under control. I am going to put one of the tests that they give to show what the test might look like and what questions they could be asking (Dodson, 2017):

The Disorder Self-Test: Symptoms in Adults

1. Do people mention to you that you are blinking your eyes, jerking your neck, or twitching your nose, arm, or legs?
A. Yes- frequently B. Sometimes C. No- Never
2. Do people mention to you that you make the same sniffing or coughing noise over and over, even at times when your throat doesn't have a tickle?
A. Yes-frequently B. Sometimes C. No- never
3. Do you make known hand gestures (like giving the thumbs up) at inappropriate times, when you don't mean to?
A. Yes- frequently B. Sometimes C. No- never
4. Have you been reprimanded or shunned for mimicking what people said, and then wondered why you did it?

- A. Yes- frequently B. Sometimes C. No- never
5. Do you blurt out random words unintentionally, when they have nothing to do with the conversation?
- A. Yes- frequently B. Sometimes C. No- never
6. Over the past month, have you experienced a significant level of verbal and movement tics on more than half of the days?
- A. Yes B. No
7. Have you had these tics for more than a year?
- A. Yes, more than one year B. No, Less than one year C. Not Applicable
8. Do these movements and sounds cause you emotional distress?
- A. Yes B. No C. Not – Applicable

Another test that can be given is one that deals with children and the systems that they may be having and the parents want to know if they have Tourette's and what they need to do if their child meets all the answer on having Tourette's and what the next move would be on getting help with it (Smith,2016).

Does My Child Have Tourette's Syndrome Quiz:

1. Does your child have a repeating sudden twitches or jerks of the extremities?
- A. Yes -Several times throughout the day
- B. Yes- once a day
- C. Yes- about once a week
- D. No- My child has not experienced this
2. Does your child make repeated involuntary sounds like grunts, squeaks, or throat clears these are known as vocal tics?

- A. Yes- several times throughout the day**
 - B. Yes- once a day**
 - C. Yes- about once a week**
 - D. No- My child has not experienced this**
- 3. Does your child mimic the mentions, actions, or words of others involuntary?**
 - A. Yes- several times throughout the day**
 - B. Yes- Once a day**
 - C. Yes- About once a week**
 - D. No- My child has not experienced this**
- 4. Does your child involuntary carrying out known gestures such as waving, reaching, or vulgar acts like “giving the finger”?**
 - A. Yes- Several times throughout the day**
 - B. Yes- Once a day**
 - C. Yes- About once a week**
 - D. No- My child has not experienced this**
- 5. When did your child’s tics start?**
 - A. Not Applicable- No tics**
 - B. Before the age 8**
 - C. Between age 8 and 18**
 - D. After age 18**
- 6. If tics are present, how long have they been present?**
 - A. Less than 1 month**
 - B. More than 1 month- Less than a year**

C. More than a year

D. Not- applicable- No tics

7. Is your child demonstrating more than one type of tic (motor or vocal)?

A. Not applicable- No tics

B. Yes, both motor and vocal at the same time

C. Yes, more than one motor tic or more than one vocal tic- but not both

D. No- single tic only

8. Do these tics cause severe emotional or social distress for your child?

A. Yes

B. Sometimes

C. No

D. Not applicable- No tics

These are just two of the quizzes that can be given to see if someone has Tourette's and to see what the next move would be on to see the doctor and go from there on getting diagnosed. Not everyone will meet the guide lines on the quizzes and not have Tourette's it never hurts to take a quiz and see where you rate on it.

Bullying

Children that have Tourette's it is very hard from them to go to school and adjust to everyone in the school. They have to learn to adjust each year when moving to different grades and getting new teachers. Children with Tourette's don't transition very well when it comes to new things into their lives. They stay on a schedule

If you have a child, they could be being bullied at school by their classmates. My son has been bullied at school and nothing was being done about it. Kids don't understand what it does to someone when they are made fun of for something that they can't control. My son Jordan Weatherspoon wrote a letter to his classmates and then read it out loud so that they would understand why he made the noises and had jerking throughout his body on most days. I am putting a copy of this letter in so that you can see what he has done to help students realize what Tourette's is and how it affects his life and that he can't control it.

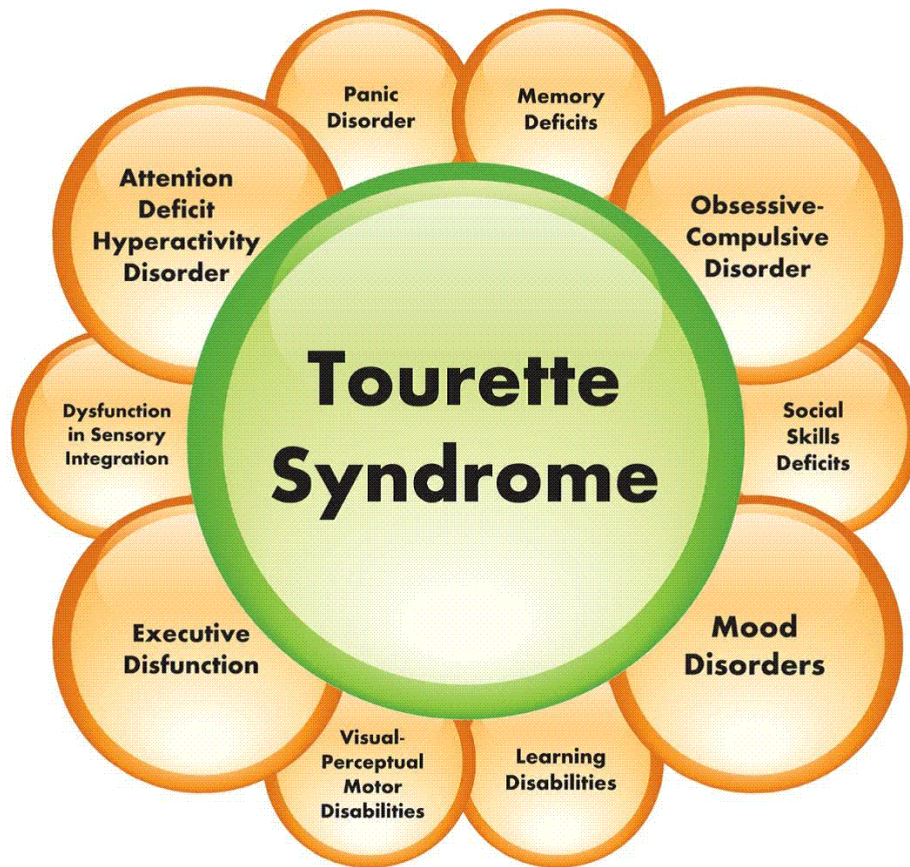
"Hello Everyone,

When I was four years old in preschool I started making a noise by clearing my throat all the time. It was starting to get on everyone's nerves at school and home. My mom had a meeting with my teacher at the preschool and that is how she found out what was going on with the throat clearing. Mom took me to the doctor to see if I had something in my throat or even if I was sick with something. They started running tests and sent me to another doctor because they thought it was Tourette's and needed to know for sure. Once being seen my doctor told my mom that it was Tourette's and I would be put on medicine to help control the tics. But over the past few years I have developed more tics and some are worse than others at times. Some of my tics are eye blinking, throat clearing, shoulder twitching, and now I have a new one which is where my left arm jerks all the time. So before you look at someone and try to make judgement on them because of something they may do. Because you haven't walked in their shoes or even know what kind of medical condition they may have. Just remember you can always ask the person before making fun of them about what they are doing. Also just because you have Tourette's doesn't

mean you are not able to do everything that you want to do in the world. You can get jobs and go and further your education just like anyone else. Never give up on your dream.

*Thanks,
Jordan Weatherspoon”*

Each and every one of these play a part in Tourette's. People don't understand all the things that come along with Tourette's. Some of these are easily controlled and some are not. Tourette's comes and goes with each different part that effects the body. There are more that goes on with the body when you have Tourette's it happens in different stages throughout the years. The picture below shows some of things that come along with having Tourette's and it just adds up and the person has more things to deal with as they come along. Each one of these can come at different times in a person life that has Tourette's. Everyone is different and may not experience any of these at all.



Clinics

There are many different places a person with Tourette's can go and seek help. Living with Tourette's and Tic Disorders a guide for patients and families through the Tourette Association of American. They offer awareness, research and support. The Mayo clinic is also a great place to go and get help with Tourette's you must call and make appointment to be seen before you make the drive to the Mayo Clinic. These places offer child and adult neurology and psychiatry, Allied Health Care Providers, evaluations, diagnoses and advice, medical treatments,

behavioral therapies, counseling and psychological services, occupational therapy, deep brain stimulation and botulinum toxin therapy(CofE,2014).

Famous People with Tourette's

Most people don't realize that there are famous people that have Tourette's as well and you would never know it. The most famous person with this disorder is soccer star David Beckham makes the top of the list of having Tourette's. There are many others that have it as well such as Dan Aykroyd, Wolfgang Amadeus Mozart, Howie Mandel and Howard Hughes. The list could go on for a long time just wanted to mention a few of them. Tourette's effects all types of people not only one population.

Conclusion

Tourette's is more common today than people realize. So before you judge someone that is making noises or jerking a lot you may want to see if they have Tourette's. Tourette's is more common in males than females and at least 100,000 people with Tourette's in the United States alone. So just think before you judge someone for what they can't control going on in their body.

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